



Sponsoring Changeways Clinic Workshops

Changeways Clinic offers a variety of training programs for professionals and for the public. We are an approved provider of Canadian Psychological Association CE credits. This document describes our most frequently offered programs. Each description is followed by the name of the presenter. More detailed descriptions can be obtained from our website at www.changeways.com, or by mailing or emailing us.

The Core Program: Evidence Based Group Treatment for Depression

How to lead a 6 to 10 session evidence-based cognitive behavioural group therapy program for depression and related disorders. Contents include behavioural activation, lifestyle management, psychoeducation about depression and stress, cognitive restructuring techniques, social life enhancement, and relapse prevention. This protocol is the most widely used depression treatment program in Canada, newly updated in 2006. Participants receive the Client manual (86 pages), Trainer's manual (184 pages), and CD-ROM with the client manual and related materials for reproduction for clients. Two days of training. Paterson.

The Depression Map: Individualized Treatment for Depression

This program offers step by step instruction on individualizing treatment for depression based on the client's risk factors and life situation, primarily using a cognitive behavioural model. Topics include: assessment strategies and tools, formulation and treatment planning, behavioural activation, emotional tolerance work, cognitive restructuring, social and situational approaches, and the role of meaning in the client's life. Participants receive a CD-ROM with over 70 documents for use with clients, plus the presenter-authored New Harbinger book *Your Depression Map* and a Therapist Guide. Two days of training. Paterson.

The Easy Part: Fifty Basic Tips in Managing a Therapy Practice

Few clinicians receive any training in operating a therapy practice. Over time, tricks of the trade are gradually discovered until, at retirement, we feel ready to begin. This fast-moving program compiles basic strategies for enhancing a therapy practice painlessly. Topics covered include things to buy for the office, developing a referral base, creating a website, structuring a session, finding a balance between activities, and avoiding burnout. Available as a half-day or evening program (a full-day version is in development). Paterson.

Being There: Conducting Communication Skills Training for Clients

From nonverbal behaviour to handling criticism to conflict management, this program provides skills, resources, and exercises on training clients to be more assertive in one-to-one therapy or in a group context. The Being There program has been adapted as the basis of *The Assertiveness Workbook*, one of the top selling assertiveness books in the popular press. Participants receive the Client manual (128 pages), Clinician's Guide (200 pages), and a CD-ROM with all materials meant for reproduction, plus permission to use with their own clients. Two days of training. Paterson.

Relaxation Skills Training

Diaphragmatic breathing, progressive muscle relaxation (PMR), passive relaxation, cue-controlled relaxation: all of these are valuable skills for use with many clients, but few clinicians have had training in their use. This workshop provides background, exercises, tips on technique, problems to watch out for, and the opportunity to practice and receive feedback. Participants receive a 185-page manual, a CD-ROM with all materials for clients, a description of how to run a 6-session relaxation skills group, and a reproducible audio CD with four relaxation protocols. One day of training. Paterson.

The Conduct of Effective Exposure Therapy

Exposure therapy is the foundation of treatment for the anxiety disorders, but it is often practiced haphazardly and ineffectively. This program provides guidelines for effective exposure therapy and provides participants with practice in hierarchy development. The integration of cognitive strategies to enhance exposure is discussed. Concepts are adapted to exposure with social phobia, OCD, generalized anxiety, panic, agoraphobia, and post-traumatic stress. One day of training. This program can be combined with Relaxation Skills Training to form a two-day Fundamentals of Anxiety Treatment workshop. Paterson.

Sexual Orientation Issues in Healthcare and Counselling Settings

Diversity awareness session on gay, lesbian, and bisexual populations in healthcare and counselling settings. Topics include the nature of sexual orientation, terms and their usage, coming out issues, attitudes toward nonconforming sexuality and their effects, health and mental health issues, and suicidality. A fast-moving, entertaining, and informative session with specific recommendations for best practices. Can be adapted for special groups, including youth workers, school counsellors, teachers, community groups, or healthcare professions. Available as one OR one-half day. Paterson.

Cognitive Behaviour Therapy: Background and Basics

Healthcare professionals are increasingly aware of the use of cognitive behaviour therapy in the management of various conditions, but they may wish a deeper understanding of the nature and underpinnings of the approach. This introductory session reviews the origins and core concepts of CBT, providing a framework for understanding CBT-based ideas and providing an overview of the research support. A “backgrounder” rather than a “how-to” program. A half-day program. Paterson.

Out of the Blue: The Nature and Treatment of Clinical Depression

An information day on depression and its treatment, designed for the general public (clients, families, friends, managers, rehab consultants, clergy, etc). Covers the types of depression, diagnosis of depression, a model for understanding depression, psychopharmacological treatment, lifestyle-based approaches (including exercise, sleep hygiene, diet, etc), and therapy-based approaches. This program is explicitly information-giving only, not to be considered treatment in itself. One day. Paterson.

Assessment and Treatment of Generalized Anxiety Disorder

How to assess and treat excessive and uncontrollable worry from an evidence based cognitive behavioural perspective. Topics covered include tailoring treatment to the specifics of client presentation, the role of somatic anxiety management strategies, the use of cognitive restructuring and behavioural experiments, strategies to reduce worry-maintaining behaviours, cognitive exposure to worry content, and relapse prevention strategies. One day of training. Haring.

Assessment and Treatment of Obsessive Compulsive Disorder

A program on the cognitive behavioural treatment of OCD. Topics covered include questionnaire measures to assist with assessment (provided to participants), the nature of and relationship between obsessions and compulsions, the use of exposure and response prevention (ERP) in treatment, strategies for addressing other OCD-related behaviours (e.g., thought suppression), cognitive restructuring and behavioural experiments for maladaptive beliefs (e.g., inflated responsibility, overestimation of danger), and relapse prevention strategies. One day of training. Haring.

Evidence Based Treatment of Panic Disorder

Panic disorder is a remarkably common difficulty in clinical practice, and it can be disabling for those experiencing it. This workshop discusses CBT-based approaches for panic. Topics include psychoeducation, a cognitive behavioural model of panic, the role of somatic strategies, cognitive restructuring or maladaptive thoughts underlying panic, exposure to feared and avoided physical symptoms and situations, identifying and distinguishing between healthy and unhealthy coping behaviours, and relapse prevention strategies. One day of training. Haring.

Mindfulness-Based Cognitive Therapy for the Prevention of Depressive Relapse

Major Depressive Disorder has a high risk of relapse and/or recurrence. This workshop provides practical training in an effective group program that integrates aspects of CBT for depression with components of mindfulness-based stress reduction (MBSR). Topics covered include the link between the development of MBCT and a cognitive vulnerability model of depression, outcomes from randomized trials of MBCT, the core therapeutic tasks that accompany each group session, and three forms of mindfulness training: the body scan, mindfulness of the breath, and the 3-minute breathing space. One day of training. Lau.

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About our Faculty

Michelle Haring, PhD

Dr Haring specializes in the evidence-based assessment and treatment of anxiety disorder, depression, and stress-related problems. She has been involved in the development, implementation, and evaluation of the Worry Management Program at UBC Hospital and served as the coordinator of this program from 2001 to 2006. She has taught and provided supervision to psychiatry and psychology residents through the Anxiety Disorders Clinic at UBC Hospital, serves on the board of the Anxiety Disorders Association of BC, and has supervised group leaders in the Living Effectively with Anxiety and Fear (LEAF) panic intervention program. She is a consultant to the Provincial Reproductive Mental Health Program and has recently coauthored a self-help guide for women with perinatal anxiety.

Mark Lau, PhD

For the last 10 years, Dr Lau served as clinical psychologist and Depute Head of the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health (CAMH) and an Assistant Professor of Psychiatry at the University of Toronto. The CBT Unit at CAMH is one of the few centres in Canada providing treatment and training in Mindfulness-Based Cognitive Therapy (MBCT) and CBT. Dr Lau specializes in MBCT to prevent depressive relapse, as well as CBT for depression and anxiety. His research interests include the development of a mindfulness self-report measure, the Toronto Mindfulness Scale, and investigating mechanisms underlying the effectiveness of mindfulness-based treatments. He was awarded the Excellence in Continuing Mental Health Education Award from the Department of Psychiatry, University of Toronto. He is currently a research scientist at British Columbia Mental Health & Addiction Services.

Randy Paterson, PhD

From 1993 until 2002 Dr Paterson served as the Coordinator of the Changeways Prevention of Rehospitalization Program for depression at UBC Hospital. In 2002 he created Changeways Clinic, a private therapy and training service located in Vancouver. He has published and presented in the areas of attention, stress and information processing, attachment theory, and depression. He is the author of six therapy manuals and of the popular press books *Your Depression Map* and *The Assertiveness Workbook*. He has served as a consultant for British Columbia's Depression Strategy, and with Dr. Dan Bilsker coauthored the Self-Care Depression Program. He has presented over 200 therapist training seminars in Canada, Asia, and Australia.

How does sponsorship work?

Outside the Vancouver area, most workshops are sponsored by organizations within the region. For example, past sponsors have included Calgary Health Region, the Australian Psychological Society, Peace Country Health, and Interlock Employee and Family Assistance Program.

Typically the sponsor asks us for a quote and contracts for the service. We provide the presenter, work with the sponsor to develop a flyer or information sheet, and discuss any content tailoring for the setting. The sponsor can then distribute seats to their own staff, and/or sell spaces to other professionals (or, in the case of Out of the Blue, to the public). In the weeks before the workshop Changeways Clinic prepares and ships supplies and handouts to the sponsor, and creates certificates of completion if desired.

For workshops outside Canada, Changeways Clinic usually ships masters of handout package material beforehand, and the sponsor makes up the packages locally.

We can sometimes schedule a workshop with less than four weeks lead time, but generally we book 4-6 months in advance. Doing so will help ensure presenter availability and offer you maximum flexibility regarding dates.

Reduce Costs by Combining Programs

Presenter travel expenses make up part of the cost of providing our programs. Many sponsor organizations have reduced the cost per participant by offering several programs from the same presenter on the same trip. For example, one might offer *The Depression Map* to clinicians on a Thursday-Friday, then *Out of the Blue* for the public on the following Saturday. Or one can offer two or all three of Michelle Haring's anxiety workshops in the same week.

Another option is to attract more participants by creating a “mini-convention” offering two presenters presenting various programs spread over two or three days.

You can also arrange with another organization in the same region to host an additional program on the same trip. On a spring 2007 trip to Calgary, for example, one organization hosted *The Easy Part* and *Out of the Blue*, and another hosted *CBT Background and Basics*, sharing some of the expenses.

Have an idea? Let us know and we can help you create a successful program. Our goal is to provide excellent and cost-effective programs, and possibly to earn your organization revenue in the process.

Additional programs are always in development, and existing ones can be tailored to the needs of your organization or region. Call and inquire if you have any questions about our programs. If you're interested, we can provide you with summaries of feedback received from past offerings of each program.

Ask us for a quote!

Interested in sponsoring one or more programs from Changeways Clinic? Let us know and we will send you additional information on any program you wish. We can also prepare a quote for you, usually within a few days.

Many sponsors want a program primarily for their own staff. Others want to offer a workshop as a means of raising the profile of their organization, or to raise funds. Please let us know your goals, and we will help you to reach them.

We can be reached at 604 871 0490 or workshops@changeways.com. Our mailing address is Suite 509, 2525 Willow Street, Vancouver BC V5Z 3N8.